

## Food Policy Nutrition Guidelines – Vending Machines Voluntary Test Period\*

Snacks and beverages sold in County-contracted vending machines will adhere to the Food Policy's nutrition guidelines according to this timeframe:

**By August 15, 2007, 25%** of all snacks and beverages in County-contracted vending machines will meet the nutrition guidelines.

**By January 1, 2009, 33%** of all snacks and beverages in County-contracted vending machines will meet nutrition guidelines.

**By January 1, 2011, 50%** of all snacks and beverages in County-contracted vending machines will meet nutrition guidelines.

### Beverage Vending Machines Nutrition Guidelines

- 100% fruit juices and vegetables juices with no added sugars, artificial colors (limited to a maximum of 150 calories per container).
- Drinking water with no additives except those minerals normally added to tap water.
- Dairy milk, non-fat, 1%, and 2% only (no flavored milks).<sup>i</sup>
- Plant derived (i.e. rice, almond, soy etc.) milks (no flavored milks).
- Beverages that do not exceed 50 calories per container.

### Snack Vending Machines Nutrition Guidelines

- Products shall not exceed 200 calories per item.<sup>ii, iii</sup>
- No more than 360 mg of sodium per serving.<sup>iv, v</sup>
- Contains “0” trans fat, in accordance with FDA guidelines for “0” trans fat. (0 trans fat on the Nutrition Facts panel).
- No more than 35% of calories from total fat (not including nuts, seeds).<sup>vi</sup>
- No more than 10% of calories from saturated fat.<sup>vii, viii, ix</sup>
- No more than 35% of its total weight shall be composed of sugar (including naturally occurring and added sugar). This does not apply to the sale of fruits or vegetables.<sup>x</sup>
- In each machine, there must be whole grain products in the following amounts (see whole grain definition on next page):

2 whole grain products if 25% of snacks comply with nutrition guidelines

3 whole grain products if 33% of snacks comply with nutrition guidelines

4 whole grain products if 50% of snacks comply with nutrition guidelines



## Whole Grain Definition

A whole grain contains the entire grain kernel, consisting of three parts: endosperm, bran, and germ. For purposes of stocking vending machines throughout Los Angeles County facilities, this policy mandates that a whole grain product is defined as one that contains a whole grain ingredient (listed below) as one of the first two ingredients on the food product package.

### *List of Whole Grain Ingredients*

- |                             |                           |                                 |
|-----------------------------|---------------------------|---------------------------------|
| ○ Amaranth                  | ○ Quinoa                  | ○ Whole wheat, including        |
| ○ Barley                    | ○ Rice, both brown rice   | varieties such as spelt, emmer, |
| ○ Buckwheat                 | and colored rice          | faro, einkorn, Kamut, durum     |
| ○ Bulgur                    | ○ Rye                     | and forms such as bulger,       |
| ○ Corn, including whole     | ○ Sorghum (also called    | cracked wheat, and              |
| cornmeal and popcorn        | miló)                     | wheatberries.                   |
| ○ Millet                    | ○ Teff                    | ○ Wild rice                     |
| ○ Oats, including oatmeal,  | ○ Triticale               | ○ Grain germ**                  |
| quick oats, and rolled oats | ○ Whole wheat flour (also | ○ Grain bran**                  |
|                             | called graham flour)      |                                 |

\*\*Although germ and bran, when found alone in a product, are by definition not considered whole grains, they are healthful components of whole grains. Because of this, bran and germ should be treated as whole grains for the purpose of selecting products for the vending machines.

The following should not be considered a whole grain ingredient:

- Durum flour
- Legumes (chickpeas, soybeans)
- Oilseeds (sunflower seeds)
- Pearled barley
- Roots (arrowroot)

*\* Please note that these nutrition guidelines are valid during the voluntary test period (August 2007 - February 2008) and are slightly different than the guidelines listed in the Los Angeles County Food Policy.*

---

<sup>i</sup> Center for Public Health Advocacy. National consensus panel on school nutrition: recommendations.

<sup>ii</sup> USDA FNS. Healthier US Food Challenge.

<sup>iii</sup> Escutia. California SB 12. Available at [http://www.leginfo.ca.gov/pub/bill/sen/sb\\_0001-0050/sb\\_12\\_bill\\_20041206\\_introduced.html](http://www.leginfo.ca.gov/pub/bill/sen/sb_0001-0050/sb_12_bill_20041206_introduced.html) . Accessed January 13, 2005.

<sup>iv</sup> U. S. DHSS. The Food Label.

<sup>v</sup> Code of Federal Regulations. Title 21 Food and Drugs Chpt 1 Part 101.65

<sup>vi</sup> Legislative Counsel State of California.

<sup>vii</sup> Center for Public Health Advocacy. National consensus panel on school nutrition: recommendations.

<sup>viii</sup> Legislative Counsel State of California.

<sup>ix</sup> U. S. Department of Health and Human Services (DHSS) U. S. Food and Drug Administration FDA Backgrounder. The Food Label. May 1999. Available at: <http://www.cfsan.fda.gov/~dms/fdnewlab.html> . Accessed January 13, 2004.

<sup>x</sup> Legislative Counsel State of California.

